

IYO International  
Yoga Organisation

**MEANING  
HISTORY  
AND  
DEVELOPMENT  
OF YOGA**

PROUDLY  
PRESENTED BY  
IYO® INTERNATIONAL YOGA ORGANISATION

## **T A B L E O F C O N T E N T S**

**1**

**Meaning of yoga**

**2**

**History of Yoga**

**3**

**Development of Yoga**

**4**

**IYT®-International Yoga Teacher's syllabus**

**5**

**THE FUNDAMENTALS OF YOGA**

**6**

**Yogic Practiees for Health and wellness**

**7**

**General guidelines for yogic Practice**

**8**

**Mudra**

# **T a b l e O f C o n t e n t s**

**Marma Therapy**

**H1N1**

## **MEANING, HISTORY AND DEVELOPMENT OF YOGA**

Most scholars have considered the meaning of the word Yoga in the spiritual field as derived from the first "metal" Yuj Samadhau. Maharishi Vyas has also given the meaning of the word Yoga and said that Samadhi is called Yoga. The word 'yoga' is derived from the Sanskrit root 'Yujir', which means 'to join' or 'to unite'. This integration can be taken to mean the integration of the soul and the Supreme Soul or the integration of the physical, mental, intellectual and spiritual aspects of man's personality. The word 'Yoga' is derived from the root 'Yuj'. Sanskrit grammar mentions two yuj metals, one of which means to add and the other means mana: samadhi, that is, stillness of mind. That is, in general, the meaning of yoga is to have a relationship and to have mental stability. Thus, both are Yoga as the goal and the means. The word is used in both the senses in Indian Yoga philosophy.

## Types of yoga

. Hatha yoga 2.Rhythm yoga 3.Raja Yoga 4.Bhakti yoga 5. Jnana yoga 6.Karma yoga 7.Chanting 8.Ashtanga yoga

## History of Yoga

The tradition of yoga is very ancient and it originated thousands of years ago. It is believed that yoga is being practiced since the beginning of civilization. That is, yoga was born long before the birth of the oldest religions or beliefs. In yoga science, Shiva is considered "Adi Yogi" and "Adi Guru". After Lord Shankar, Yoga is believed to have started from the Vedic sages. Later Krishna, Mahavira and Buddha expanded it in their own way. After this Patanjali gave it a systematic form. This form was later expanded by the Siddhapanth, Shaivpanth, Nathpanth, Vaishnava and Shakta panthis in their own way.

The earliest historical evidence related to yoga is the objects obtained from the Indus Valley Civilization whose physical postures and postures are direct evidence of the existence of yoga during that period. If we look at the history of yoga, then there is no evidence of its beginning or end, but the description of yoga is first found in the Vedas and Vedas are considered to be the oldest literature. Yoga was started in India, in today's time, attention is being paid to yoga in many states of India, in which the state of Uttarakhand is at the forefront,

### **Development of Yoga**

It is believed that yoga is being practiced since the beginning of civilization. The science of yoga originated thousands of years ago, long before the first religions or faiths were born. In Yoga Vidya, Shiva is considered as the first Yogi or Adi Yogi and the first Guru or Adi Guru.

## **IYT®-International Yoga Teacher Syllabus**

Several thousand years ago, on the banks of Lake Kanti Sarovar in the Himalayas, Adi Yogi passed on his enlightened knowledge to his famous Saptarishi. The Saptarishis took this powerful science of yoga to different parts of the world including Asia, the Middle East, North Africa and South America. Interestingly, modern scholars have noted the close parallels found between ancient cultures throughout the world. However, it was in India that yoga found its most complete expression. A Saptarishi named Augusta, who toured the entire Indian subcontinent, built this culture around a yogic way of living.

## **OBJECTIVES TYPE QUESTIONS**

Q.1 The Sanskrit root of the word 'Yoga' is -

( a ) Asana ( b ) Yuj ( c ) Jeeva ( d ) Yogi

Q.2 What is the meaning of the word yoga -

( a ) To join ( b ) To attain peace ( c ) To help ( d ) To educate Q.

3 Patanjali defines yoga as -

( a ) Stopping of the fluctuations of the mind ( b ) To do  
yoga practices slowly and daily ( c ) Inhaling and Exhaling  
( d ) Having a strong and firm body

Q.4 Who was Maharshi Patanjali -

( a ) The propounder of 'Ashtanga Yoga' ( b ) The writer of  
'Karma Yoga' ( c ) The writer of Hatha Yoga Pradipika  
( d ) The writer of Bhagavata Gita

Q.5 The ultimate aim of yoga is to achieve -

( a ) Good and fit body ( b ) Moksha or self - realisation ( c )  
Become very knowledgeable ( d ) To do pranayam

Q.6 who is known as 'Agi yogi'

( a ) vishnu ( b ) Ganesh ( c ) Shiva ( d ) Parvati

## IYT®-International Yoga Teacher Syllabus

Q.8 Who wrote the book "Hatha Yoga Pradipika"

- (A) Maharishi Patanjali (B) Gorakhnath (C) Swami Swatmaram (D) B.K. Iyengar

Q.9 Food should be according to yoga

- (A) Satvik and balanced (B) Rajasic and pungent (C) Tamasic and giving pleasure (D) Cool and bassi

Q.10 "Gherand Samhita" is famous for

- (A) Pranayama (B) Hatha Yoga (C) Meditation (D) Nutrition

Q.11 'Basti' and 'Nauli' activity is beneficial

- (a) For cleaning the digestive system. (b) for cleaning the lungs (c) for curing joint pain (d) for cleaning the upper part of the neck

Q.12 'Dhauti' Kriya is practiced for cleaning which organ?

- (a) liver (b) lungs (c) stomach (d) heart

Q.13. The words 'neti' and 'tratak' are

- (A) Names of Asanas (B) Types of Pranayama (C) Mudras (D) Shatkarma

Q.14 What is Kapalbhati

- (A) Shakriya (B) Meditation (D) Mudra (B) Pranayama

## IYT®-International Yoga Teacher Syllabus

Q.15 Which body is affected by the practice of 'Pranayama'?

- (A) Pranamaya (B) Annamaya (C) Manomaya
- (D) Anandamaya

Q.16 Which element is considered important in 'Pranayama'?

- (A) Rechak (B) Purak (C) Kumbhaka (D) Mahabandha

Q.17 According to Yoga, how many cells are there in our body?

- (a) 4 (b) 5 (c) 7 (d) 8

Q.18 Which two of the following rules come in the five rules of Patanjali?

- (A) Truth and non-violence (B) Asteya and Aparigraha
- (C) Cleanliness and contentment (D) Celibacy and truth

## The Fundamental of Yoga

opportunity to learn the basic moves of yoga, or second hand movements that prepare the body and mind for real yoga. These movements are safe to perform and are executed in sync with the video instructions in our quarters. These movements release the body from tension, bring mobility and lightness to the body and joints, strengthen the spine and muscles. This will lead to the enjoyment of better health and a more pure life. Come and experience the basics of yoga with us!

If you decide to practice these movements, you should be on a light or empty stomach. That is, a gap of at least two hours before the last meal. If you are pregnant, have a hernia or other discomfort, or are ill, you should skip any different training and turn to a doctor or therapist.

### **Yogic Practiees for Health and wellness.**

Swasth (health) word comprises of two words swa (self) and stha (condition) meaning thereby condition of self. There cannot be any thing better suited than Yoga to explain the meaning of swasthya. There has been a very old and close relationship between Yoga and swasthya which common people have naturally started to understand. The fact that 21st June is celebrated as International Yoga Day across the globe is a proof of this. A lot is being written about how to achieve physical, mental and spiritual health. Since Yoga is not just a part but a complete healthy life style in itself as it is capable of providing physical, mental and spiritual well being to man. By practising the eight components of Yoga we can achieve complete health.

No medical method is capable of providing wholistic health to man without experimenting with these eight components. Sooner than later the intellectuals of the world will have to return to ashtang Yoga.

### **GENERAL GUIDELINES FOR YOGIC PRACTICE.**

Shauch - Shauch means purification, which is an important and pre-requisite activity for yoga practice. Under this, the surrounding environment, body and mind are purified.

Yoga should be practiced in a calm environment with relaxation of the body and mind. While practicing yoga, it should be done on an empty stomach or with a snack. If you feel weak during practice, then mix a little honey in lukewarm water and take it. Yoga practice should be started after the discharge of stool and urine. Mat, rug, blanket or yoga mat should be used for practicing.

Light cotton and comfortable clothes should be worn on priority for the smooth movement of the body while doing the exercise.

## **IYT®-International Yoga Teacher Syllabus**

Yoga should not be done in situations of exhaustion, illness, haste and stress. If there is chronic disease, pain and heart related problems, then in such a situation, before starting yoga practice, the doctor or Yoga specialist should be consulted. Yoga specialist should be consulted before doing yoga during pregnancy and menstruation.

### **Practice Time**

The practice session should begin with a prayer or praise. Because prayer or praise creates a peaceful environment to relax the mind and body. Yoga practices should be started slowly with the awareness of the body and breathing in a comfortable position. The movement of breathing should not be stopped during the exercise, unless you are specifically asked to do so. Inhalation should always be done through the nostrils, unless you are asked to inhale by another method.

## **IYT®-International Yoga Teacher Syllabus**

Keep the body relaxed during the exercise, do not provide any kind of shock. Yoga should be practiced according to your physical and mental capacity. It takes some time to get good results from practice, so consistent and regular practice is very necessary. Every yoga practice has noteworthy instructions and precautions and limitations. Such a noteworthy instruction should always be kept in your mind. The yoga session should always be concluded with meditation and deep silence and peace lessons.

### **After Practice**

One should take bath after 20-30 minutes of practice. Diet should be taken only after 20-30 minutes of exercise.

### **Yogic Principles of Food**

The yogic diet is based on the yogic principles of purity and balanced life. It contains foods with satwik qualities, which increase the energy level in the body and create a better balance between mind and body. The yogic diet is based on the belief that our body is directly connected to the mind.

## **IYT®-International Yoga Teacher Syllabus**

Whether you do yoga or not, in both cases it is necessary to know the yogic diet. In the Hindu scripture Vedas it is said that food is Brahma, that is, God. If food is taken in a good mood, energetic, clean and peaceful place, then it is like nectar. Food has the power to cause many diseases and it can also eradicate all kinds of diseases and sorrows. Some types of food are told in yoga, what should be eaten and what should not. Basically, there are three types of it – Mitahara, pathyakar and apathyakar.

## Yoga Mudra Workshop

### Mudra Case

Apart from Ashtanga, postures also have special importance in yoga practice. Mudras are developed forms of asanas. Asanas have the primacy of the senses and the vitality of the vitals, whereas in the postures the senses are secondary and the vitals predominate. Describing the importance of mudras in the scriptures, it is said: 'Nasti mudrasam kinchit siddhidam kshitimandle.' That is, there is no other action on this earth that gives success like money on money. For convenience, various major currencies are being described in two headings.

### Hand gestures regulating the elements

The entire universe is made up of the five elements. Our body is also a union of Panchatattva. The five fingers of the body represent these five elements. The thumb represents fire, the index finger represents air, the middle finger represents the sky, the ring finger represents the earth and the little finger represents the water element.

The body remains healthy due to the equilibrium position of the Panchatattva and diseases arise from the abnormal position. According to Mudra Vigyan, with the coordination of these five elements, the internal glands, organs and their activities are regulated and the dormant energies of the body are awakened.

### 1. Gyanamudra or Meditation

Joining the tips of the thumb and forefinger together, the remaining three fingers have to be kept straight.



## Benefits

1. There is development of perception and meditative state. Concentration increases and negative thoughts decrease.
2. This mudra increases the memory power, so by its continuous practice, children become brilliant and energetic.
3. The nerves of the brain are strong. Headache, insomnia and stress are removed. Anger is destroyed. For better results - after doing this mudra, do Pranamudra too.

## 2. VAYUMUDRA

By placing the index finger on the root of the thumb, keeping the thumb lightly pressed, this Vayumudra is formed. The remaining three fingers should be kept straight.



## Benefits

By its practice, all types of air-related disorders - arthritis, rheumatism, arthritis, paralysis, tremor, - sciatica, knee pain and gas formation are cured. It is beneficial in neck and spine pain. The defects of blood circulation are removed.

### 3. SHUNYA MUDRA

The middle finger represents the sky element. Putting it in the root of the thumb, keep it lightly pressed with the thumb. The remaining fingers should be straight



## **BENEFITS -**

By this mudra, ear ache, earache, deafness and hearing loss, etc., are cured by doing at least one hour a day for a long time. Weakness of bones and heart diseases are cured. The grip of the gums is strengthened and it is beneficial in throat diseases and thyroid diseases.

## **CAUTION -**

Do not do this mudra while eating and on the go

## **4. PRITHVIMUDRA**

By keeping the tip of the ring finger and thumb together and straightening the remaining three fingers, this Prithvimudra is formed. By keeping the fingers of the ring finger and thumb together and straightening the remaining three fingers, it forms Prithvimudra.



## **BENEFITS -**

By its continuous practice, diseases like physical weakness, low weight and obesity are removed. This mudra improves digestion power, develops vitality and sattvik qualities and removes the deficiency of vitamins. There is vigor, radiance and radiance in the body.

## **5. PRANAMUDRA**

This mudra is formed by joining together the fingers of the little finger, ring finger and thumb. The remaining two fingers should be kept straight.



## **BENEFITS**

This mudra awakens the dormant energy of Prana, and develops energy, health and energy in the body. This mudra removes the defects of the eyes and increases the light of the eyes, increases the immunity power of the body.

## **6. APANAMUDRA -**

This mudra is formed by keeping the remaining two fingers straight by touching the tip of the thumb, middle and ring finger.



## **Benefits**

The foreign elements of the body come out and the body becomes pure. Constipation, piles, air disorders, diabetes, urinary obstruction, kidney defects, dental disorders etc. are removed by its practice. This is a useful posture for the stomach. There is benefit in heart disease and there is secretion of sweat.

## **CAUTION -**

More urine will be released from this mudra.

## **7. APANAVAYUMUDRA**

This mudra is formed by mixing Apanamudra and Vayumudra together. The little finger is straight.



### **Benefits**

Improves health in the body by removing heart and gout diseases. Those whose heart is weak, they should do it daily. Doing this mudra gives relief when there is a heart attack. When there is gas in the stomach, it expels it. It is beneficial in headache, asthma and high blood pressure. Doing this mudra 5-7 minutes before climbing the stairs gives relief.

## **8. SURYAMUDRA**

Put the ring finger on the root of the thumb and press it with the thumb.



### **BENEFITS**

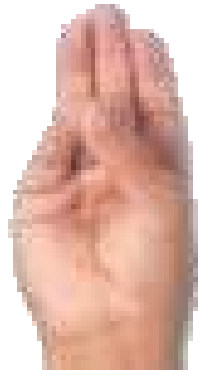
This mudra balances the body, reduces weight and reduces obesity and helps in digestion by increasing heat in the body. Reduction in stress, development of strength, cholesterol in the blood is reduced. Diabetes, liver (liver) defects are removed by the practice of this mudra.

### **CAUTION**

Do not do this mudra to a weak person, do not do it for a long time in summer.

## 9.VARUNMUDRA

Keep the ear ring next to it.



### **BENEFITS -**

This mudra destroys the dryness of the body and makes the skin shiny and soft. Removes skin diseases, blood disorders, acne and diseases caused by lack of water element. The face becomes beautiful.

### **CAUTION**

Do not overdo this mudra with kapha nature.

## 10. LINGA CURRENCY

Make a fist as shown in the picture and keep the thumb of the left hand erect, with the other fingers intertwined.



## **BENEFITS -**

This mudra increases heat in the body. Beneficial in cold-cold, asthma-cough, sinus, paralysis and low blood pressure. It dries up the phlegm.

## **CAUTION**

When using it, consume water, fruits, fruit juices, ghee and milk in large quantities. Don't do this for a long time.

## 11. PERSISTENCE MUDRA

This mudra is the posture to hold the breath in the lungs for a long time. When inhaling, press the upper part of the thumb with the finger. This will make the inner Kumbhak last longer. If pressure is given in this way in the middle part of the thumb (Part-2), then Kumbhak can be done for more time. If pressure is given in the same way in the root part of the thumb (Part-3), then breathing can be easily stopped within a long time.



### **BENEFITS**

More breath is available in the lungs to hold the breath for a longer time and the blood and body get more strength and the amount of exhalation taken throughout the day can be reduced significantly, which leads to age.

## **COMPLETE INFORMATION ABOUT WHICH DISEASES ARE CURED BY MARMA THERAPY**

### **MEANING OF MARMA THERAPY**

What would have been the purpose of keeping this medical system secret in ancient times, before knowing this, it is necessary to know what is the meaning? According to the medical definition, maramani, that is, those specific parts of the body on which death is possible due to injury, that is, they are called marma. The treatment of these marmas is called marma therapy. It simply means that this part of the body is very important and is full of life-giving energy. The impact on them can be the cause of death. These places are specially inhabited by the prana. Therefore, these places should be carefully protected. The subject matter of marma medical science is very wide and the person trained by it, if one is a doctor of any legal system of medicine, then will be able to treat diseases more effectively. The study of Marma Vigyan will prove to be very useful for people belonging to different walks of life.

Through this, he will be able to make an important contribution in fulfilling the purpose of health promotion, prevention and power harvesting of himself, his family, the people of the society.

The objective of 'Marma Medical Science' is to train the trainees through the theoretical and practical knowledge of Marma Vigyan. Through this, qualitative study of mortology and medicine will be possible. More and more people will be able to share the knowledge of Marma therapy to other people by getting moral valued knowledge of it. After mastering it, it will be easy to understand the excellent knowledge of the subject and practical training.

### **WHAT IS MARMA THERAPY**

Marma therapy is such a medical system, in which with a little practice in a short time, all those benefits can be obtained unintentionally which are available to human beings by any type of popular exercise method. There is a need for promotion and propagation of Marma Vigyan and Marma Medicine, so that more and more people can take advantage of this system of medicine.

## IYT®-International Yoga Teacher Syllabus

While the history of other medical systems is considered to be from a few hundred years to thousands of years, the Marma system of medicine cannot be tied in time blocks. The mechanism to be activated by Marma Chikitsa (107 Marma Sthan) is available in this human body only through the evolution of human beings.

All medical systems have been developed by man, but Marma Chikitsa is nature i.e. God-given medical system. Hence its results cannot be compared with other medical systems. Many incurable diseases can be easily treated by Marma therapy by any other method. Marma therapy is a divine science, not a miracle. No one needs to be astonished and surprised by its positive effects, the wonder is not to know our body and to understand that we are suffering terrible suffering by not knowing them.

## WHAT IS BACK PAIN

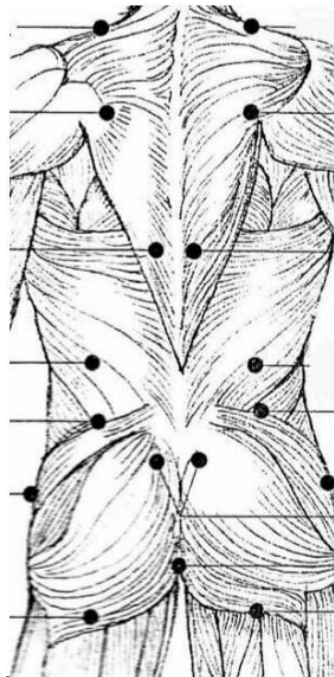
Back pain or lower back pain is a very common health problem across the world. It is the main cause of disability that severely affects performance and general well-being at work. Lower back pain can be acute, subtle or chronic. However, several risk factors have been identified, including occupational posture, depressed mood, obesity, body height and age. Back pain is not a disease but a group of symptoms. Its early causes are still unclear and difficult to diagnose. Back pain affects people of all ages from children to the elderly and is a very common reason for medical consultation. Back pain occurs due to many reasons. If some precautions are taken keeping in mind its causes, then it can be easily prevented.

The main causes of back pain include:-

1. Stress can cause back pain
2. Modern Technology Can Cause Back Pain
3. Sleeping on a soft mattress can cause back pain
4. Wearing high heels for a long time causes back pain
5. Weight gain or obesity causes back pain
6. Lack of calcium in the body causes back pain

7. Sitting in one place for a long time causes back pain
8. Living a sedentary lifestyle causes back pain
9. Deterioration of muscle coordination causes back pain
10. Disturbances in the back cause pain in the back
11. Severe diseases cause back pain
12. Back pain due to gas

### BACK PAIN MARMA POINT



**NOTE 1. BEFORE STARTING MARMA THERAPY, KEEP IN MIND THAT THE PATIENT SHOULD NOT TAKE FOOD, IF HE HAS TAKEN FOOD, THEN 2 HOURS SHOULD ELAPSE FROM THE MEAL, ONLY AFTER THAT START MARMA THERAPY.**

**2. WHILE PRESSING THE POINT OF BACK PAIN, KEEP IN MIND THAT IT SHOULD GO FROM BOTTOM TO TOP.**

**3. THIS POINT IS NOT TO BE ROTATE**



**2.**

**1.**



## **HEART DISEASE**

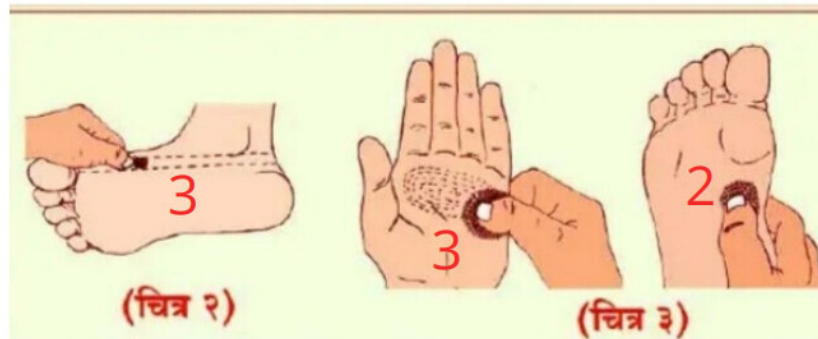
Coronary artery disease: This is called coronary heart disease, it is very common in heart diseases. This disease is caused by plaque buildup in the arteries, which blocks the flow of blood to the heart, increasing the risk of heart failure and stroke. Hypertensive heart disease: This is a heart disease caused by high blood pressure.

1 ] The image centers related to the heart are slightly below the fingers in the left sole and left palm. Where there is relatively more pain due to pressing, ie prick like a thorn, give special pressure on those centers.

2] For the prevention of heart problems, it is very important to have healthy nervous system, kidneys and lungs.

Therefore, pressure should also be given on the reflection centers related to them.

3] Heart diseases (heart problem) The center of the heart, which is also called the sun chakra, its right-left points are the points of the heart, they also have to be pressed, it is necessary to stop for 8 seconds at the time of pressing.



## Heart disease

**NOTE** 1. Before starting marma therapy, keep in mind that the patient should not take food, if he has taken food, then 2 hours should elapse from the meal, only after that start marma therapy.

2. Keep in mind that pressing the point of the hands and feet is to be held for 8 seconds or more, but do not stop it by pressing the chest.

3. Do not rotate any point

4. Surya chakra i.e. the center of the chest should not be given much pressure, give pressure to it in a comfortable position.

5. Chest has 7 marma points and hands and feet have 7 marma points, as many points are there for heart disease patients, use it carefully.

6. Talking about the marma point of the hands, the part which is the thumb is in the upper part and in its center is its second point towards the palm, it will take you 8 seconds or more while pressing both the points. till he has to stop

## IYT®-International Yoga Teacher Syllabus

7. The second point is on the palms of the same line, the way to identify it is very easy, it is in the lower part of the smallest finger of your hands, they also have to hold it for 8 seconds or more.

8. Now talking about the fourth point of the hands, after the end of the palm, the upper part is in the line of the thumb, it has to be stopped for 8 seconds or more.

9. Talking about the marma point of the feet, there are 3 points in the feet, which are given to you in the picture, all these points have to be stopped for 8 seconds or more.

10. The points of these feet can be easily recognized, which can be seen by measuring the first point under your two little fingers by measuring three fingers. Talking about the second point, it is under your thumb in the same line of your first point, it can be seen by measuring three fingers of the thumb. Talking about the third point, it can be seen by measuring the two fingers of the upper part in the line from the middle part of your thumb and you can use the pictures to understand better.

## IYT®-International Yoga Teacher Syllabus

This was the information about the marma point of the hands and feet, in this you have to keep it for some time after pressing but the chest does not have to be kept after pressing the marma point.

Let's talk about the point in the mind of the chest.

11. The first point of the chest is in the middle of the chest, it is also called the Surya Chakra, with the help of this point, the rest of the points can be easily reached, while pressing the point of the chest, it does not have to be stopped. Is

12. The first point of the chest will find the second and third points above with the help of the sun chakra, by measuring two fingers above the path of the chest, you will get the second and third points, about 3 in the middle of the second and third points. There is a difference of fingers, these points also have to be removed by pressing, there is no need to stop in this too.

13. Pune With the help of the first point, the fourth and fifth marma points will be obtained, with the help of the first point, I will prepare a diagram of a triangle in my chest, in which the side of the triangle should be about 4 fingers of measurement. By this we will get the fourth and fifth marma

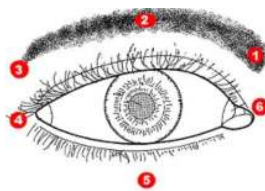
14. The sixth and seventh marma point can be easily found as you can easily see in the picture, the lower part of it is the sixth and seventh marma point There is no need to stop rotating and pressing all the points of the chest, take care of all these things.

### **EYE DISEASE**

Like other parts of the body, the eyes are also diseased. This is a partial list of human eye diseases and disorders. The classification, published by the World Health Organization, follows a list of known diseases and injuries, the International Statistical Classification of Diseases and Related Health Problems.

### **Marma points are the area around the eyes**

There are many marma points around the eyes which can be massaged with many benefits. First of all, start from the inner edges of the eyes, this marma point is located near the bridge of the nose. Using your middle finger, gently massage this point in a circular motion. Keep doing this for 3 minutes, the same type of marma point is also on the outer edge of the eyes, massage the marma point in the same way. The next marma point is below the center of the eye. Daily massaging on all these marma points improves eyesight and removes the problem of irritation of the eyes.



### Around the nostrils of the nose

The marma point for the eyes is near both the nostrils of the nose, massaging here can improve your vision and also remove the problem of headache. Do a light massage while keeping both your index fingers on both the nostrils, why does this cause pain in the eyes, while doing this, you have to give only light pressure, do not press hard, while doing this, you have to breathe through the mouth, this massage daily for 5 minutes is done



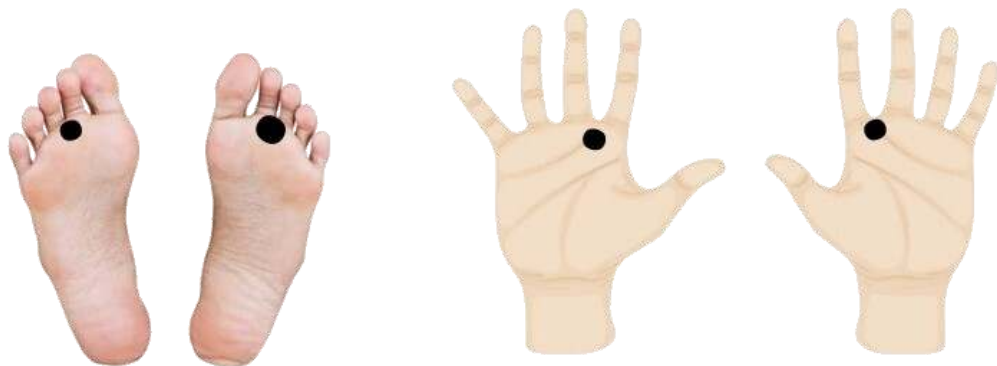
## Nasal bridge massage

There is also a marma point on the bridge of the nose, using both your hands, massage here slowly, take care that your fingers should not be twisted while massaging, do this massage for 5 minutes, doing this will reduce eye strain and redness. problem ends Massage your pimple and both the eyebrows lightly, this is also an acupressure point of the eyes, it also relieves tension.



## IYT®-International Yoga Teacher Syllabus

The marma points of the eyes are also on the thumbs of the feet and hands. To massage the tips of the fingers of your hands, gently massage both the hands together. Use your index finger and thumb to massage the soles of your thumbs, doing this improves blood circulation, improves vision and removes eye problems.



## **HEADACHE OR MIGRAINE DISEASE**

Stimulate the third eye point. Each acupressure point has different names based on its ancient use, and many modern names are mostly combinations of words and numbers.

Third eye point also known as GV 24.5 helps in reducing headache and tension in the head. This point is found between the two eyebrows where the bridge of the nose meets the forehead.[1] Press this point gently but maintain this steady pressure for one minute. You can apply light pressure or press it in a circular motion. Choose the best motion for you.

Try drilling bamboo. Drilling bamboo also known as Bright Lights Points or B2 helps to reduce headaches that often occur in the front of the head. These pressure points are found in the inner corners of both eyes, just above the eyelid, and on the bone that surrounds the eyes.

**[2]**

1. Use the tips of your index finger and apply pressure on both points simultaneously for a minute.
2. You can apply different pressure to each side if you want. But be sure to keep pressure on each side for a minute.

# 2.



## IYT®-International Yoga Teacher Syllabus

Press welcome fragrance. Welcome fragrances, also known as welcome perfumes and LI20, help relieve headaches caused by migraines and sinuses. This point is found on the outer edge of each nostril, near the bottom of the cheekbone.

**[3]** Apply deep, firm pressure, or use circular pressure. Do this for one minute.

# 3.



## IYT®-International Yoga Teacher Syllabus

Press down on feng chi. Feng chi, also called GB20 or the Gate of Consciousness, is the most common pressure point used for migraines. GB20 are found just below the ear. To find this point, find two hollows on the sides of the neck at the base of the skull. You can gently raise your head with your hands by interlocking your fingers and place your thumbs in these hollows at the base of the neck.

**[4]** With deep and light pressure, press on these points with your thumbs. Maintain this pressure for four to five minutes. If you know where these pits or hollows are, try massaging them with your index or middle finger or knuckles. Relax and take deep breaths as you massage the GB20. Continue massaging and applying pressure to this point for three minutes.

# 4.

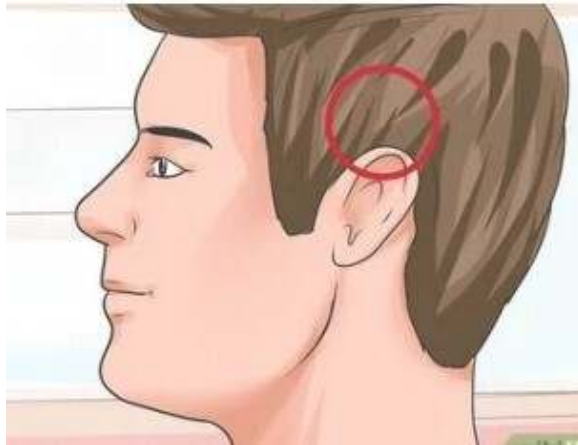


## IYT®-International Yoga Teacher Syllabus

Work on the temples as well as the points. The temple region has a whole set of points that curve around the outer ear of the skull. These are about a finger away from the edge of the outer ear. The first point is the hairline curve, which starts just above the top of the ear. Each point is one finger behind the previous point, just move the finger down and come to the back of the ear.

**[5]** Apply pressure to each point on both sides of the head. You can use pressure or circular pressure for up to one minute. For best results, stimulate the next point immediately after applying pressure to the previous point. These are the pressure points going from front to back; Hairline curve, valley lead, celestial hub, floating white and head portal yin.

# 5.



- Stimulate a wind mansion. Wind mansion points, also known as GV 16, help reduce migraines, stiffness in the neck, and mental stress. They are located in the center of the back of the head, halfway between the ear and the spine. Find the base of the skull or the pit (the hollow part) under the base and press into the center.
- **[6]** Apply deep, gentle pressure to this point for at least one minute.

## 6.



- Press on the Heaven's pillar. The Heavens Pillar is found on the neck. You can find it under the base of your skull two fingers away. Slide your fingers down from the base and or feel it in one spot in the hole. You can find these on the muscle cords on the side of your spine.
- **[7]** Maintain normal pressure or circular pressure at this point for one minute.

## 7.



## IYT®-International Yoga Teacher Syllabus

- Massage the He Gu Point. He Gu or Union Valley or LI4 are found on the hands. These points are found in the area between the thumb and fingers. Apply pressure with your left hand to the LI4 point of the right hand and the LI4 point of the left hand with your right hand.
- **[8]** Apply deep, firm pressure to this point for at least one minute.

**8.**



## IYT®-International Yoga Teacher Syllabus

- Massage on the bigger rushing. The bigger rushing is a point found between the bones of your toes between your toe and the other toe. Begin to locate it with the webbing between your toes and slide down about an inch to find the point in the middle of the toe.
- **[9]** Try simple pressure or circular pressure at this point for a minute.
- It may be too easy for some people to use their thumb on the foot. This is the best way to stimulate this point.

**9.**



## Marma Therapy

### LEG PAIN

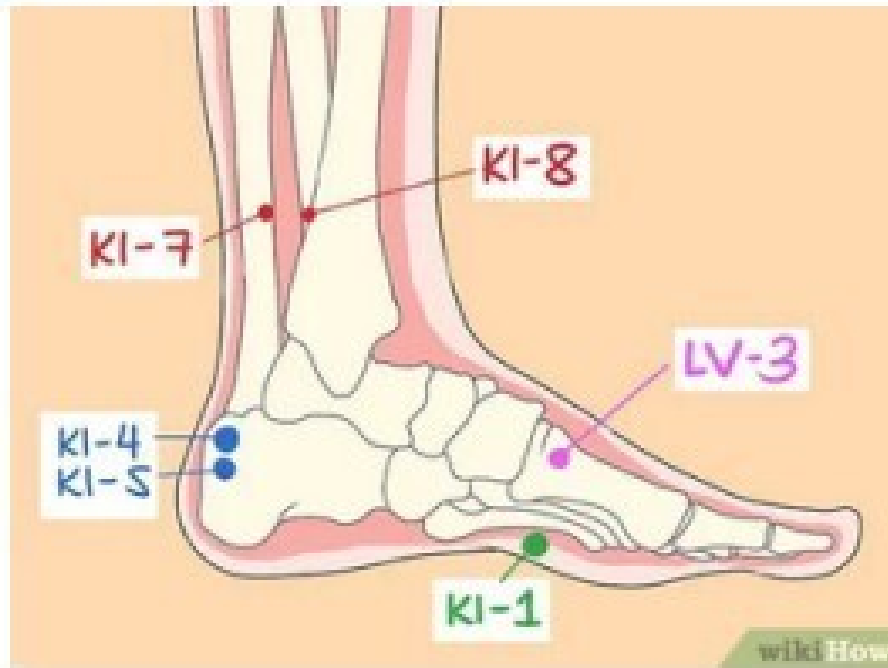
1.



## IYT®-International Yoga Teacher Syllabus

- **[1] Pressing Technique:** Using your fingers or a blunt object (such as a pencil eraser on the end of a pencil) press the particular point for between 30 seconds to two minutes. Smaller pressures can be used and a few seconds can also provide relief.
- **Lowering Technique:** Place your finger on a point and move one finger in a counterclockwise direction for one to two minutes.
- Use enough pressure to feel the pressure but not too much (you shouldn't feel pain).
- For each marma point described below, use one or both of the techniques described above for 30 seconds to two minutes per point (unless otherwise directed).
- Don't worry—marma is really easy for people to use on their own.
-

# 2.

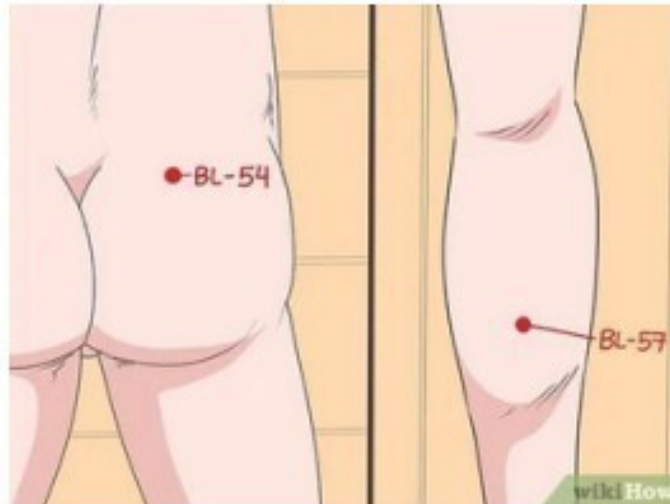


## IYT®-International Yoga Teacher Syllabus

- **[2]** Manipulate the kidney meridians. These are located on the bottom of the foot. Consult a marma chart and manipulate one or several of the following points to find these points in your body:
- Fuliu KI-7 (front, inner part of the Achilles tendon) and Jiaoxin KI-8 (front, inner side of the rounded border of the shin, above the ankle) points. Apply pressure to these two points at the same time. The Dazhong KI-4 (the bony knob behind and below the medial malleolus, or the inner side of your ankle) and the Shuikan KI-5 (on the inner side of the heel, in a depression below but in front of the KI-4) points.

Yongquan KI-1 (on the sole of the foot) together with the liver meridian point Taichong LV-3 (on the back of the foot). Applying marma on these two points helps in the healing of tendons and ligaments

# 3.



- Manipulate the Bladder Meridian points. These marma points are indicated for diseases in the lower limbs as well as in the head, neck, eyes, back, groin.
- Manipulate the following two points: Weizhong BL-54 (at the very top of your hamstring, closer to the inner part of the back of your leg) and Chengshan BL-57 (below the calf muscle) points.
-

## IYT®-International Yoga Teacher Syllabus

- Stimulate the local and adjacent points at the site of injury. The Shimian M-LE 5, located at the center of the heel, is a local point that acts as the target zone of the plantar fascia and its attachment to the heel bone.
- Apply marma for 30 seconds to 2 minutes to the Shimian M-LE 5.
- List item #1
- List item #2
- List item #3

### 4.



Stimulate the local and adjacent points at the site of injury. The Shimian M-LE 5, located at the center of the heel, is a local point that acts as the target zone of the plantar fascia and its attachment to the heel bone.

## IYT®-International Yoga Teacher Syllabus

- Apply marma for 30 seconds to 2 minutes to the Shimian M-LE 5.

### 5.

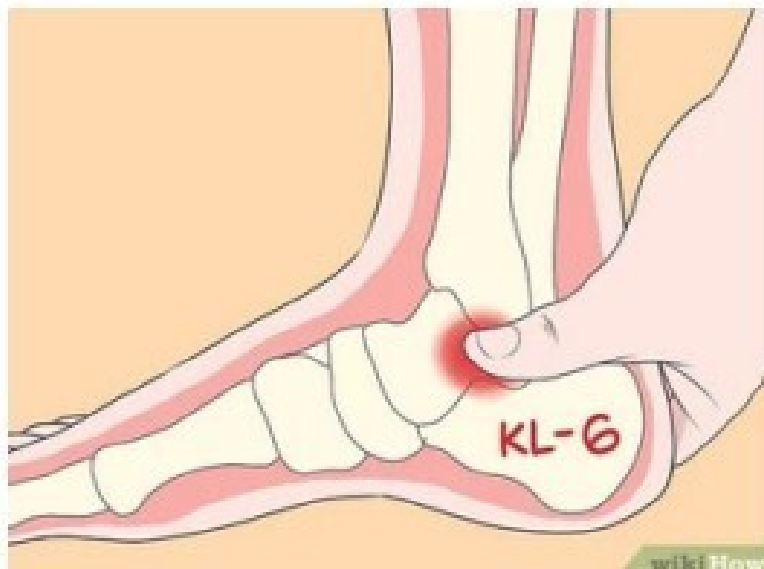


- Use marma points to release endorphins. Activating pressure points relieves pain and relaxes muscular tension releasing endorphins. These endorphins are similar to morphine in the way of numbing the pain. By applying pressure to the Liver Meridian LV-3 and Gall Bladder Meridian GB- 41 points, you can enable your body to produce its own natural painkillers.
- [4] In Chinese medicine, the liver is an energy organ and when someone has liver imbalances they are more susceptible to tendon inflammation and continuous stress injury.

## IYT®-International Yoga Teacher Syllabus

- Taichong LV-3 is located on the top of the foot between the first and second metatarsal bones.
- Zulinqi GB-41 is also on the top of the foot between the fourth and fifth metatarsal bones.
- Relieve pain by pressing your fingers firmly and steadily on the two points for two minutes. Breathe deeply while you do this

# 6.



## IYT®-International Yoga Teacher Syllabus

- Manipulate the "Illuminated Sea" point. This pressure point (also known KI-6) can be found on the inner side of the ankle, one thumb width below the anklebone. This will help relieve swollen and stiff ankles
- Place your thumbs one centimeter away from the ankle
- Apply pressure with both thumbs on both pressure points simultaneously.

# 7.



## IYT®-International Yoga Teacher Syllabus

- Engage the "Qiuxu" point. This marma point (also known as GB-40) is located in the large hollow directly in front of the outer anklebone. Manipulating this point relieves ankle problems including sprains, swelling and sciatic pain
- Press this point with a finger or pencil for one to two minutes, alternating every 60 seconds between light and firm pressure.[7] Eventually you can work up to five to 10 minutes of pressure.
- You can use fingers, knuckles, side of the hand, an eraser on a pencil, etc. to apply pressure. If using your hands, you should change hands every minute or so to avoid being fatigued.

**8.**




## IYT®-International Yoga Teacher Syllabus

- Manipulate the "High Mountains" point. This point (also known as BL<sup>足三里</sup>60) is located in the hollow between the outer anklebone and the Achilles tendon. This can help with swollen feet, ankle pain, thigh pain, arthritis in the foot joints, lower back pain, and increase blood flow.[8]
- Place your thumb on the point between the outer ankle bone and the Achilles tendon.
- Press this point for five minutes by releasing the pressure after every thirty seconds for a few seconds.
- Repeat two or three times at night every day for faster relief.
- This point is contraindicated during pregnancy.

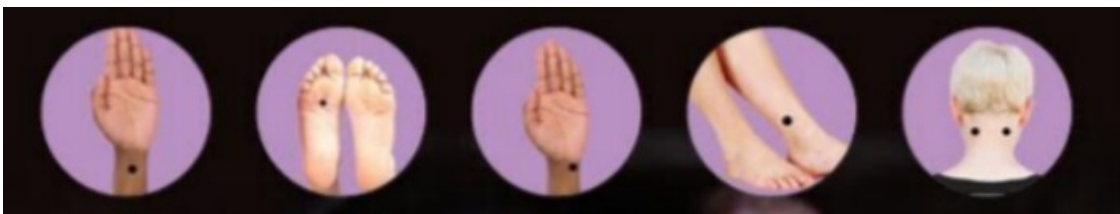
### 9.



## IYT®-International Yoga Teacher Syllabus

- Try working the "Calm Sleep" point. This point (also known as BL-62) is the first indentation directly below the outer anklebone. It is one  third the distance from the outer anklebone to the bottom of the heel. This will help relieve heel pain, ankle pain, insomnia, and general foot aches. [9]
- Apply the reducing technique to this point for one to 2 minutes.
- Repeat everyday if needed

**If you do not sleep, then press these 5 pressure points, it will remove the problem of insomnia and bring peace to the mind.**



## TROUBLE SLEEPING

**1.**



- spirit gate
- apply such pressure
- This point is on the opposite side of the wrist in the line of the little finger of the hand.

Imagining a small sphere, apply pressure on it with light hands from top to bottom or in a circular motion.

Do this for two to three minutes. Press and hold this point for a few seconds.

Now do this in the other hand also.

## 2.



- three yin intersection
- apply such pressure
- The Three Yin intersection point is located on the inside of the foot, slightly above the ankle.

Make a big circle four fingers above the ankle.

Now put a little deep pressure in it. Round it or press it from top to bottom for 4 to 5 seconds.

Pregnant women should not press this point.

# 3.



- bubbling spring
- put pressure like this
- This point is on the sole of the foot. When the toe is turned inward, it is located near the shape of the pit formed in the soles.

Lie down on your back. Bend the knees.

Bend the thumb and fingers.

Now put pressure on the pit area for a few minutes in a circular or up-down direction.

### 4.



- inner frontier gate
- put pressure like this

This point is located on the inner side near the wrist between the two main nerves.

Straighten the arm with the palm facing up.

Set the point in the middle of both the nerves about three fingers below the wrist.

Now apply pressure on this point in a circular motion or upwards and downwards.

# 5.



- wind pool
- put pressure like this
- Windpool points are located just behind the neck on the structure connecting the neck muscles to the skull.

Bend the fingers of the hands and take out the thumb and make a cup shape.

Now apply circular or up-down pressure on the points marked by the thumbs for 4 to 5 seconds. This will improve sleep.

## MARMA POINT TO REMOVE FATIGUE AND NOT SLEEP

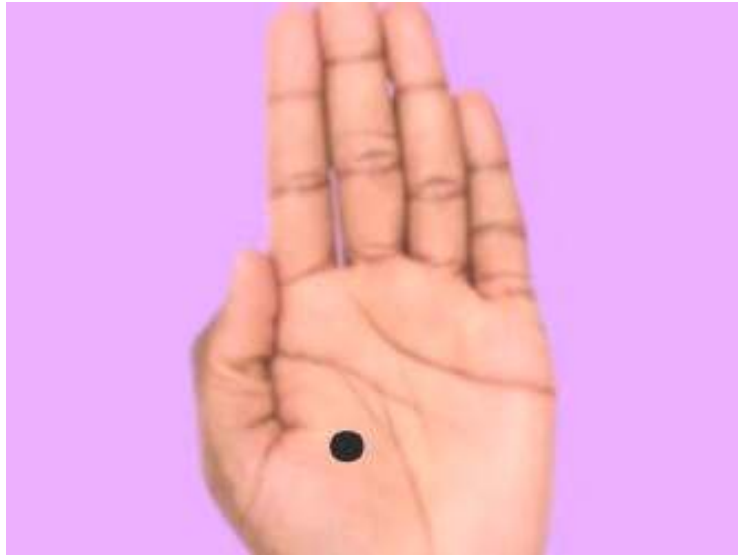


- Hold this point on the ear part for 2 to 5 seconds



- Right behind the knees.
- 2 to 5 second pause

## IYT®-International Yoga Teacher Syllabus



- The part between the thumb and forefinger will be better and hold it by pressing for 2 to 5 seconds



- The upper part of the head. Press it gently with your fingers or use a scalp massage machine.

## DIABETES

### 1.



- The problem of diabetes was earlier considered to be genetic, that is, if someone in the family is a victim of diabetes, then other family members also remain at risk of blood sugar disease. However, in the changing times and in the changing lifestyle, the problem of diabetes has also been included in the list of lifestyle diseases. According to the report published in the World Health Organization, if a healthy lifestyle is followed, then the problem of diabetes can be avoided. At the same time, according to a report published in ResearchGate, acupressure points for diabetes on hand in diabetes can be helpful in keeping the blood sugar level in balance.

## 2.



- Keep the following things in mind while putting pressure on the marma points in diabetes. like
  1. Avoid applying excessive pressure while applying pressure on the marma points. Apply pressure with light hands and massage.
  2. In diabetes, before applying pressure on the marma points or other body parts of the hands, the patient should do deep breathing and relax.
  3. If the patients are feeling more pressure on the pressure points, then inform the expert about it.
  4. Patients themselves can also put pressure on the pressure points of hands or feet.

## BLOOD PRESSURE

- Heart disease is a common problem today. High blood pressure or hypertension is a major cause of serious heart diseases. Diet, exercise and meditation are useful ways to lower your blood pressure. However, in the last few months, it has become difficult to exercise regularly at home or maintain a healthy diet.
- Identifying the Marma point for Blood Pressure (BP) is another effective way to control this condition.

According to the Ministry of AYUSH, in the case of high BP, when you apply pressure on certain key points of the body, it relieves muscle tension and improves blood circulation, which helps in healing. Many studies have shown that marma for blood pressure and ayurveda for BP are also effective in maintaining normal blood sugar levels

**they have 3 points**

**1.**



- This point, called Gallbladder 20 or GB 20, is located between two points at the base of your head. Place your hands on both sides of your vertebra or vertebra and apply pressure with your thumb on the back of your head for one minute.

**2.**



- This point is called large intestine 4 or LI4. Apply pressure to the webbing between the thumb and first finger to lower blood pressure and relieve chronic pain. Applying pressure to this point helps in treating toothache, sinus and skin problems, but it can also lead to early labor in pregnant women.

# 3.



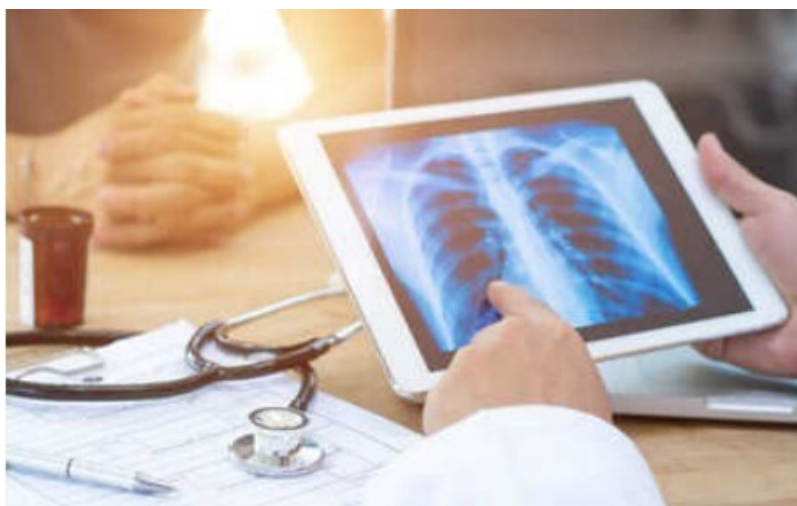
- This point is called LV3 or Liver 3 and is located between the two toes i.e. between the big toe and the other toe. Pressing this point for a minute helps in reducing blood pressure, along with other benefits like relief from menstrual pain and anxiety.

## LUNGS



## IYT®-International Yoga Teacher Syllabus

In the last six months, we have come to know a lot about the coronavirus, yet there are many things that we are still unaware of. Scientists around the world are still trying to find out the exact nature of the virus and ways to stop it. Every passing day we come to know something new about this deadly virus. In such a situation, prevention is the only way to save yourself from getting infected. We know that COVID-19 is a respiratory disease that spreads through tiny respiratory droplets. Apart from following social distancing, wearing masks and maintaining proper hygiene, it is important to take good care of your lung health at this time. For this you can try Marma.



## IYT®-International Yoga Teacher Syllabus

Marma is based on the concept of life energy that flows through meridians in the body. It is believed that any blockage and disruption in the flow of energy through the median can lead to various health problems. The lung meridian is one of the major pathways containing the 12 meridians in the human body. Applying light pressure on these points can really help in improving the health of your lungs and boosting your immunity. Here are three key points that you should hit on a regular basis.

- You will find the second point in your hand. Stretch one of your hands with the palms facing down. Press between the webs of the thumb and forefinger into a V shape.

**1.**



## IYT®-International Yoga Teacher Syllabus

- The third point can be found on the fleshy pad of the palm between the wrist and the palm joint.



**2.**

- The first point is the hollow space below the collarbone. The point is located between the first and second rib. You can find this point on both sides. Apply light pressure on these points.



**3.**

## IYT®-International Yoga Teacher Syllabus

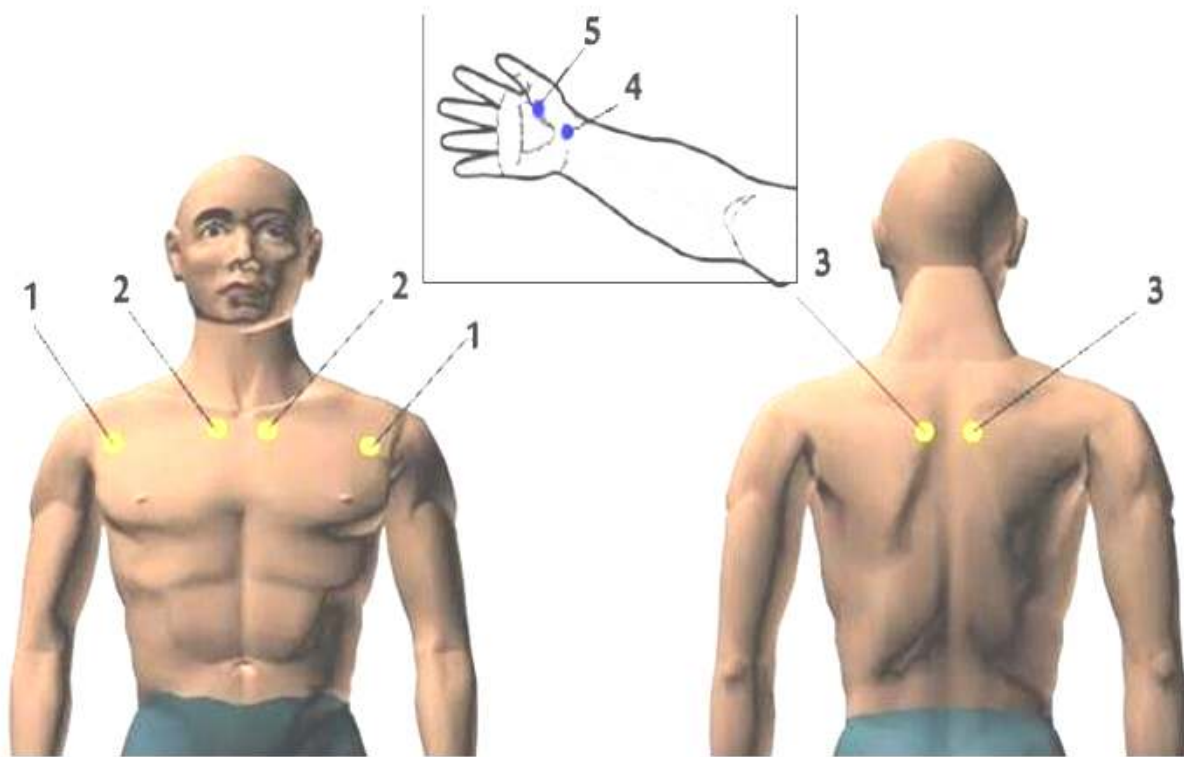
- Apply light pressure on these three points for 1 to 2 minutes two or three times daily. Hold the pressure points with your fingers for 4-5 breaths and then release. Repeat the same 5 times in a row.



Asthma is such a problem that no matter how much you treat it, it still hurts all your life. In such a situation, along with treatment to get rid of its problems completely, you can also do marma massage on five parts of the body. It has no side effect and you will get relief.

### **Point 1- Cena**

Find points on the chest just below the collar bone with your three fingers and apply strong pressure with them for one minute. This will provide relief in breathing problems, phlegm and tension during asthma.



## **Point 2- Breast bone**

Place the thumb on both sides of the breast bone under the shoulders and parallel to the collar bone and make strong pressure for one to two minutes. This gives relief from phlegm in the chest, shortness of breath and nervousness.

## **Point 3- On the back below the shoulders**

Place a finger on the protruding bone on the back just below the shoulders and make strong pressure for one to two minutes and release. It provides relief in problems like cough, sneezing, muscle stiffness.

### **Point 4 - Palm**

Find the point exactly in the center on the palm and wrist joint and apply strong pressure on it with one finger for one minute. This will give instant relief from sore throat, difficulty in breathing and phlegm.

### **Point 5 - Under the thumb**

Make sharp movements with your finger on the point just below the thumb and release it for a minute. It can provide relief in problems like lung problems, phlegm.

## **ANSWER BOOK**

1 How old is Marma Chikitsa

Answer . 5000 BC

2. How many points are given in Marma Chikitsa?

Answer. 107

3. How many points are there for heart disease in Marma Chikitsa?

Answer. 14

4. How many points are there for back pain in Marma Chikitsa?

Answer. 16

5. How many points are there for Migrant in Marma Chikitsa?

Answer. 9

6. Marma therapy comes under which therapy?

Answer. ayurveda

7. There are points of eye disease in marma therapy

Answer. Yes

8. The problem of sleeplessness can be overcome with marma therapy

Answer. Yes

9. Pressing the heart point of a diabetic patient requires any caution

Answer. Yes

10. How many seconds should a patient of blood pressure (B.P) be measured by pressing 1 point?

Answer. 10

11. Lung problem can be removed by Marma therapy

Answer. Yes

12. Gene patient has asthma, their heart can be treated

Answer. Yes

13. In which problem of Covid-19, which part is affected the most?

Answer. Lungs

14. Marma therapy can be done for those who have covid

Answer. Yes

15.How long does a person with mental stress get benefit from marma therapy

Answer. Immediately

## **PHOTO CALL**

### **Preface**

What is yoga ?

Brief History of Yoga, Origin and Development of Yoga,  
Basic Facts of Yoga, Traditional Yoga Cults,

Health Yoga practice for well-being and meditation are  
such valid guidelines for yoga practice

How can qualified thought therapy help?

## IYT®-International Yoga Teacher Syllabus

1. Prayer 2. Cervical movement / movement / relaxation exercises (I) Cervical movement (Cervical strength developer) (II) Shoulder Mobilization (III) Lumbar mobilization (Lumb strength developer) (IV) Knee mobilization 3. Yoga Sun A. stand up or come and take a seat ta da sun tree flax pa dahsta sun half circle sun three ko na sun whether to sit or take a seat bhadra sun Vajra Asana / Vi Rasa Asana Ardha Ustra Asana (For Prarambhi Yoga trainees) camel flax Shashaka San Utta Namanduka San Mari Chyya San / Vakrasana

## **(H1N1)**

Swine flu (H1N1) Swine flu, also known as H1N1 flu, is caused primarily by influenza A viruses. H1N1 flu is a very It is an infectious disease and its symptoms are similar to seasonal flu.

In the year 2009, scientists identified a variant of the influenza virus known as H1N1. is the virus pig, bird and a hybrid of the human virus that causes disease in people. During the 2009-10 flu season, H1N1 infection Caused a respiratory virus called swine flu in humans.

As this virus has affected many people around the world, the World Health Organization (WHO) has declared H1N1 flu declared an epidemic and WHO declared the outbreak over in August 2010. H1N1 fluvirus one after the outbreak changed in kind. that causes seasonal flu.

The H1N1 vaccine can now help prevent this (swine flu). This is the virus strain tray included in the seasonal fluvaccine, which has 2020-21 vaccine is included.

## **Swine Flu Symptoms**

Symptoms of H1N1 infection are similar to those of other flu infections, and may include: Fever is not always present. feeling cold Cough Sore throat stuffy or runny nose red, watery eyes body pain Headache Tiredness Diarrhea vomiting and nausea

Flu symptoms appear one to three days after exposure to the virus. Adults may experience the following emergency signs and symptoms: difficulty breathing or shortness of breath Pain in chest persistent dizziness recovery existing medical problems worsen muscle pain or severe weakness Emergency signs and symptoms in children may include:

## IYT®-International Yoga Teacher Syllabus

Shortness of breath blue lips Chest pain dehydration severe muscle pain recovery worsening of existing medical conditions When to see a doctor? You need to consult a doctor if you have flu symptoms like fever, cough and body aches for a long time. However, if you have flu symptoms and you are pregnant or have a chronic illness such as diabetes, asthma, emphysema, or heart problems, call your doctor because you are at higher risk of flu complications

Reasons Swine flu is caused by the H1N1 influenza virus, which attacks the cells that line the nose, throat and lungs. does. is Swine flu is a contagious respiratory infection, and it spreads like seasonal flu. When infected people cough or sneeze, they They release tiny droplets of virus into the air. If someone comes in contact with these droplets or touches a contaminated surface containing this virus, person may have swine flu

## IYT®-International Yoga Teacher Syllabus

swine flu risk factors Some people are at higher risk of becoming seriously ill when infected with swine flu virus. They are the groups:are being over the age of 65 small children under 5 years of age Young people and children under 19 years of age taking long-term aspirin therapy. people with weakened immune systems of pregnant women.Individuals with chronic diseases such as asthma, cancer, heart disease, respiratory problems, diabetes, or neuromuscular disease. Dieting - eating only selected foods being malnourished as a result of poor care often avoid fresh fruits and vegetables smoking eating disorder

Complications of swine flu Influenza complications include: Chronic diseases such as heart disease, cancer, and asthma get worse. pneumonia shortness of breath

Swine flu prevention Swine flu vaccines are safe and can prevent the disease. Annual H1N1 flu vaccine recommended for children over the age of six goes. is The seasonal flu vaccine protects against three or four influenza viruses that are common during flu season.

Flu vaccines can greatly reduce the risk of flu, its complications, and hospitalization. are because the flu and coronavirus disease (Covid-19) H1N1 vaccinations are especially important during flu season.

## IYT®-International Yoga Teacher Syllabus

These precautions also help prevent and control flu:

Hands should be washed thoroughly with soap and water or an alcohol-based hand sanitizer can be used.

Cover your mouth when coughing and sneezing. Cough or sneeze into your elbow or a tissue. After this wash your hands. Try not to touch the face. Keep your hands away from eyes, nose and mouth.

Surfaces should be clean and frequently touched surfaces should be cleaned regularly to avoid virus transmission. avoid crowds or sick people.

Diagnosis The doctor will conduct a medical examination, checking for signs and symptoms of influenza, as well as H1N1 flu (swine flu), and most often a test which detects influenza viruses such as H1N1.

Swabs collected from the nose or throat to help identify fluviruses samples are used.

## IYT®-International Yoga Teacher Syllabus

Polymerase chain reaction (PCR) testing is becoming more widespread in many hospitals and laboratories. This test can be done when you are in the doctor's office or the hospital. The PCR test is more sensitive than other tests and is able to determine the strain of influenza. Most flu patients, especially those infected with H1N1 (swine flu), seek only symptom relief. Drinking water, fever and pain for headache. Taking preventive medication and getting rest can be beneficial. Here's how to help relieve flu symptoms if you have a chronic respiratory illness. May prescribe additional medications.

Antiviral medications are sometimes provided within the first day or two of symptoms. They have reduced intensity of symptoms as well as risk of complications. However, flu viruses can acquire resistance to these drugs.

Doctors can reduce the chance of drug resistance and maintain supplies of these medications for those patients at high risk of complications. Reserve antivirals which they need most of all.

What to do and what not to do Swine flu is a contagious disease and is also known as H1N1 flu. Its symptoms are similar to those of seasonal flu, including chills, cough, body aches, Including runny or stuffy nose etc.

Diagnosis of this involves swab sample collection and physical examination.

What not to do Get your H1N1 vaccine. Chat directly with your family members. Stay home after being diagnosed with swine flu. Rely on a face mask. Are Cover your nose and mouth while sneezing or coughing. smoke and drink Take medicines as prescribed by the doctor for swine flu on time Go out in crowded places Notify your doctor if you have difficulty breathing. drink less fluids

Treatment of swine flu includes rest and taking medicines, drinking fluids etc. This infection can lead to many other lung problems, this is why Follow the above tips to prevent its severity and complications.

# IYT®-International Yoga Teacher Syllabus

Fantastic  
IYT® 200 HOURS

Fantastic  
IYT® 300 HOURS

Fantastic  
IYT® 500 HOURS



To learn more about our affiliation registrations and to begin your journey towards becoming an IYT® certified yoga teacher, please visit our website or contact us directly. We would be delighted to assist you and answer any questions you may have.

IYO® International Yoga Organisation is proud to be one of the best in the world, in terms of quality and professionalism. IYT®-International Yoga Teacher affiliation registrations are recognized internationally and provide you with an in-depth understanding of yoga as well as the necessary skills to become an IYT® certified yoga teacher. Our comprehensive programs cover various aspects of yoga, including asanas, pranayama, meditation, philosophy, anatomy, and teaching methodology. By joining our affiliation programs & certifications, you will not only receive top-quality training but also gain access to a global network of like-minded individuals and opportunities for professional development. Our experienced faculty members are dedicated to providing you with the guidance and support you need to succeed in your yoga teaching journey. IYO® offers flexible options for our affiliation registrations, including 200-hour, 300-hour, and 500-hour programs, allowing you to choose the level of certification that suits your needs and goals. Upon successful completion of the program, you will receive a globally recognized certification that will enhance your credibility and open doors to teaching opportunities worldwide.

# IYT®- International Yoga Teacher Syllabus

The syllabus covers a wide range of yoga styles, techniques, and philosophies, providing teachers with a well-rounded understanding of the practice. This enables them to offer a diverse range of classes to cater to different preferences and abilities.

**PROUDLY PRESENTED  
BY IYO® INTERNATIONAL YOGA  
ORGANISATION**